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ABSTRACT

The booklet, intended to acquaint students or visitors with the herb garden at the Lathrop E. Smith Environmental Education Center (Rockville, Maryland), describes 25 herbs and suggests ways to extend learning further by providing historic background and other information about the herbs. Each herb is described on a separate page, with each listing including a drawing, common and botanical name, type (perennial, biennial, annual, shrub, or tree), brief history, cultivation preferences, uses (culinary, medicinal, aromatic, and ornamental), and suggestions for preservation. Herbs covered are lemon balm, sweet basil, sweet bay, chamomile, chive, dill, garlic, scented geraniums, hyssop, lamb's ears, lavender, sweet marjoram, apple mint, oregano, parsley, pennyroyal, peppermint, rose, rosemary, sage, santolina, savory (winter and summer), French tarragon, thyme, and lemon verbena. (MH)

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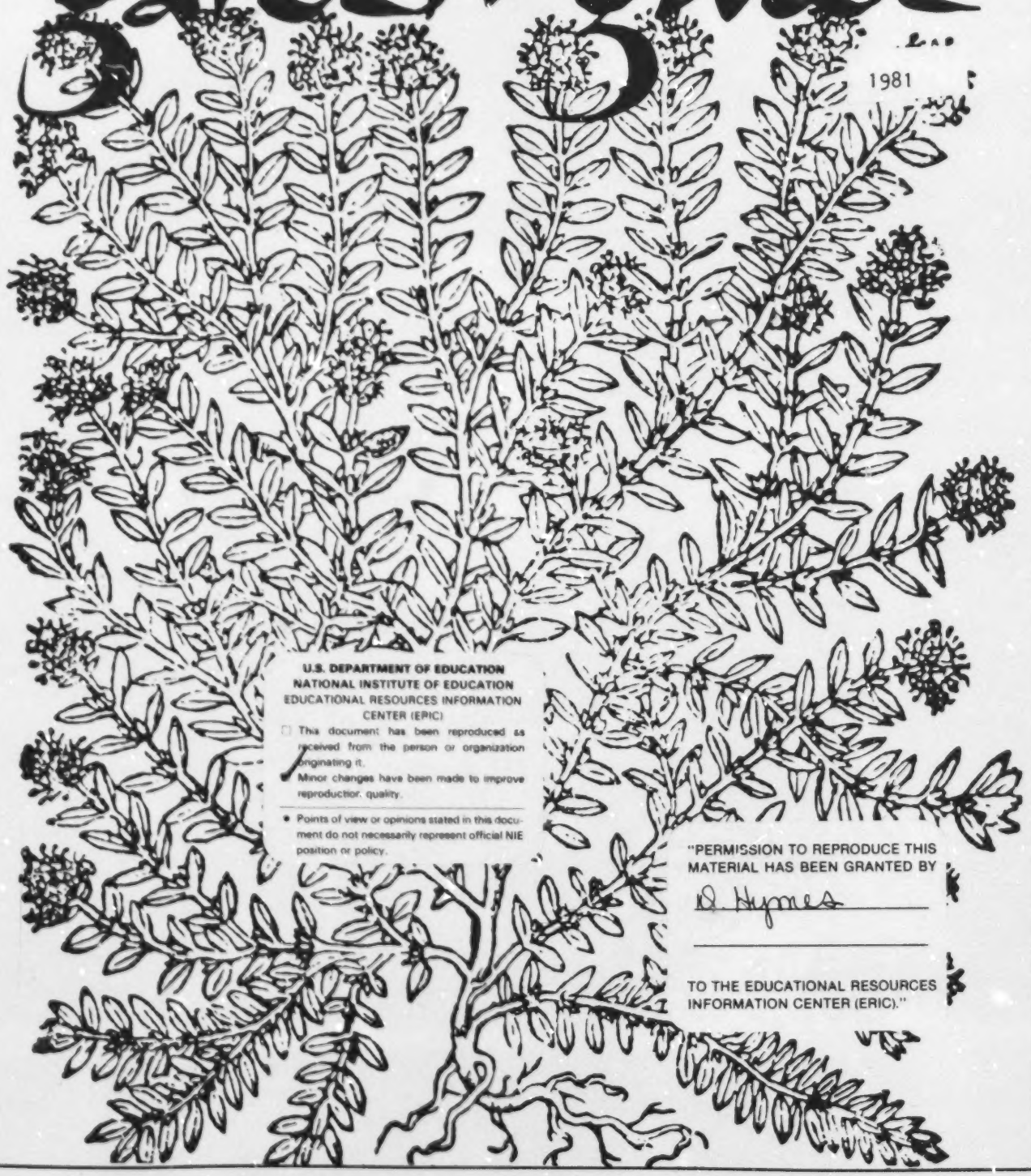
the herb garden guide

1981



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RC 014713

the herb garden guide

This booklet is intended to acquaint students or visitors with the herb gardens which are located between the Lathrop E. Smith Environmental Education Center and the Pioneer Farmstead. The herb gardens surround the gazebo and were established to promote an interest and understanding of the amazing, delightful, and homely characteristics of herbs.

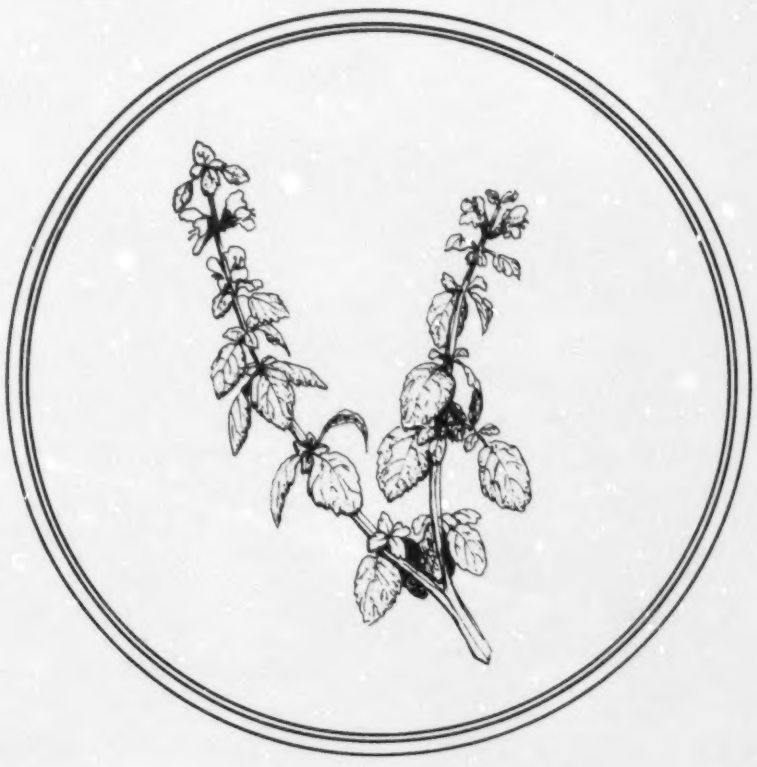
Preface

The herb garden at the Lathrop E. Smith Environmental Education Center offers a unique opportunity for students and teachers to pursue the study of herbs from a scientific and utilitarian point of view. Many have delightful aromas associated with them and are beautiful to behold, and some with unusual textures invite touching. In short, studying herbs firsthand presents possibilities to use some of the senses in learning that we often neglect.

This booklet suggests ways to extend learning even further by providing historic background and other intersting information about the herbs. It was researched and written by Ms. Donna Will, Day-use Coordinator at the Smith Center, and Mr. Richard Crane, Program Manager for Youth Services at the Montgomery County Department of Family Resources. The excellent drawings were done by Ms. Meryl Green, artist and naturalist, formerly with the Maryland-National Capital Park and Planning Commission. On behalf of Montgomery County Public Schools, I extend appreciation to all of these people. Their efforts will benefit many children and adults.

Edward Andrews
Superintendent of Schools

Lemon Balm



NAME	*Lemon Balm (Melissa officinalis)*
TYPE	*Hardy perennial*
HISTORY	*Lemon balm, also called bee balm or sweet balm, is valued by beekeepers because of bees' strong attraction to it. It has been suggested that planting lemon balm near bee hives and rubbing the inside of the hive with balm helps to prevent swarming. It is prolific and may be found growing wild in the United States and England.*
CULTIVATION	*It thrives in poor soil in a warm, sunny spot and can be propagated from seed sown in spring or by dividing.*
USE-CULINARY	*Balm makes a pleasant tea and may be added to lemonade. It is good with fish, soups, and stews.*
USE-MEDICINAL	*The oil of balm was thought to be very powerful in healing wounds and soothing the nerves.*
PRESERVATION	*Leaves and sprigs should be picked in the morning whenever plants are large enough and used fresh or dried.*

Sweet Basil

NAME	*Sweet Basil (Ocimum basilicum)*
TYPE	*Annual*
HISTORY	*Its name may have derived from the word basilisk, a terrible monster of old, which had the power to conjure up fantastic beasts in the brain. The Greeks believed that basil would grow only if it was abused.*
CULTIVATION	*It grows easily from seed planted when danger of frost is over and requires full sun and a well-drained soil.*
USE-CULINARY	*The spicily scented leaves are one of the most popular of all herbs used in cooking. They are especially good with tomato dishes.*
USE-AROMATIC	*The fragrance of basil discourages flies and so pots of basil were given as gifts by pioneers.*
USE-MEDICINAL	*Basil has been used to clear the head and cure nervous headaches. To accept a sprig of basil from a maid was to acknowledge love for her.*
PRESERVATION	*For drying, it is best to cut the leaves just before the flowers open.*

NAME	*Sweet Bay (Laurus nobilis)*
TYPE	*Evergreen tree*
HISTORY	*The foliage of the handsome sweet bay or laurel tree was thought to be sacred to the Greek god Apollo. It represented triumph and joy. From it came the distinguishing title, "poet laureate," since laurel was used as a crown.*
CULTIVATION	*Sweet bay is usually kept in a tub or pot so it can be moved indoors in the winter. Outdoors, it needs to be shaded from summer sun and protected from wind. It requires rich, moist soil.*
USE-CULINARY	*Although it is used extensively in cooking, it is pungent and must be used carefully in soups, stews, roasts, and tomato juice.*
USE-MEDICINAL	*Sweet bay is considered a pleasant tonic, which gives tone and strength to the digestive organs and helps eliminate gas from the stomach and bowels.*
PRESERVATION	*Mature leaves can be picked and dried for use at any time.*

Chamomile

NAME	*Chamomile (Anthemis nobilis)*
TYPE	*Perennial*
HISTORY	*A low-growing, lush ground cover, it has been used as a grass substitute in the lawns of Europe. It can be moved and is drought resistant.*
CULTIVATION	*It grows in almost any well-drained soil and will tolerate shade, but it does best in full sun.*
USE-CULINARY	*It is used in various parts of the world as a table tea.*
USE-MEDICINAL	*It is an old, well-known home remedy for settling the stomach and is considered excellent as a general tonic.*
PRESERVATION	*It should be dried on a flat surface.*

NAME	*Chive (Allium schoenoprasum)*
TYPE	*Hardy perennial*
HISTORY	*This sprightly herb has grown wild over most of the northern hemisphere. It has been known for almost 5000 years and appeared in American gardens before 1806. Chive is a relative of the onion.*
CULTIVATION	*It demands little care other than dividing on becoming overcrowded.*
USE-CULINARY	*Its leaves give a delicious oniony flavor to foods and are used in soups, breads, butter, cheeses, salads, and sauces.*
PRESERVATION	*Fresh leaves can be cut for use as they grow.*

Dill

NAME	*Dill (Anethum graveolens)*
TYPE	*Tender annual*
HISTORY	*Dill is native to southern Europe, but the earliest record of it appeared in Egypt 5000 years ago. Dill was used in the Middle Ages to guard the bearer from witches. In Germany brides customarily carried it or wore it for good luck.*
CULTIVATION	*It is an annual that is easily grown from seed sown in spring after danger of frost is past.*
USE-CULINARY	*Dill leaves and seeds are famous for flavoring pickles and also useful in other cookery. Dill seeds add an extraordinarily wholesome taste to bread and make something special of boiled new potatoes and peas.*
PRESERVATION	*Seeds should be separated from flower heads by shaking in a paper bag, spread on a flat surface to dry, then stored in an airtight container. Dill leaves can be used fresh, dried, or quick frozen.*

NAME	Garlic (Allium sativum)
TYPE	Perennial
HISTORY	Garlic is known to have been used by the Babylonians around 3000 B.C. It was held in great esteem and even thought to be sacred. Egyptian slaves ate it daily while building the pyramids, and it was fed to the Roman legions to make them hardy because of its potency.
CULTIVATION	It grows in any good garden soil and is propagated by sets.
USE-CULINARY	The bulbs, which break into small sections called "cloves," are a distinctive and well-known flavoring in cookery.
USE-MEDICINAL	It improves circulation and helps prevent senility.
USE-AROMATIC	The plant is famous for its smell and gardeners planted garlic among their vegetables to discourage insects. It is also used as an ingredient in homemade insect repellants.
PRESERVATION	Cloves should be dried and stored.

Scented Geraniums

NAME	*Scented Geraniums (Pelargonium)*
TYPE	*Tender perennial — half hardy*
HISTORY	*The Victorian Era was the heyday of the scented geraniums. They were first introduced to the western world in the seventeenth and eighteenth centuries by sailors. It was not unusual for grandma to have a scented geranium in her parlor.*
CULTIVATION	*All geraniums should be started from cuttings. Growing presents no particular problems. Small plants can be set outside during the summer. There are many different varieties of scented geraniums, with literally hundreds of different scents such as coconut, nutmeg, rose, and lemon. Since they are quite tender, they must be brought inside during cold, winter months. Cuttings can be taken in early fall, using a sharp knife to cut just below the node where the leaf grows from the stem. Four- to 5-inch cuttings should be taken from the larger varieties and 3-inch cuttings from the smaller ones and placed in clean sand.*
USE-CULINARY	*They can be used to make teas, and apple jelly can be mixed with rose geranium leaves to make rose geranimum jelly.*
USE-AROMATIC	*They make excellent fragrant house plants.*
USE-MEDICINAL	*They can be used to ward off insects and can be used as companion planters.*
PRESERVATION	*They can be harvested fresh or dried in the shade. If dried well, they will store well.*

Hyssop

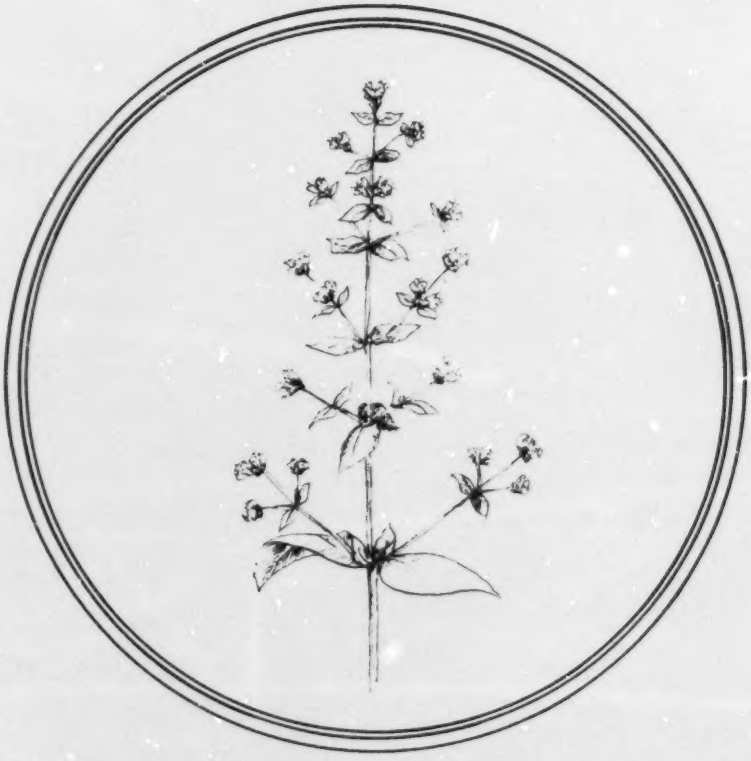
NAME	Hyssop (Hyssopus officinalis)
TYPE	Hardy perennial
HISTORY	Hyssop is an old Bible remedy for cleansing the body. "Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow."
CULTIVATION	It is a shrublike semievergreen perennial, 18 to 24 inches tall, that is often used as a low hedge. It grows in sun or partial shade and thrives in any well-drained soil. It does not need winter protection, but the stems should be cut back to the ground each fall or spring to encourage growth.
USE-CULINARY	Once popular as a household stewing herb, fragrant when walked upon, and as a flavoring for gamy meats, hyssop is valued today for its decorative qualities.
USE-MEDICINAL	The old-fashioned syrup made of honey mixed with an infusion of hyssop leaves and flowers is still in domestic use as a cure for coughs and colds.
PRESERVATION	Hyssop can just be cut and dried.

Lamb's Ears

NAME	*Lamb's Ears (Stachys olympica)*
TYPE	*Perennial*
HISTORY	*During the Middle Ages, this herb was grown for its large leaves that were used for bandaging wounds.*
CULTIVATION	*Lamb's ears grows from 1 to 2½ feet tall. It thrives in full sun and a well-drained garden soil. Although it may be started from seeds sown in the spring, the plant takes two years to mature. If the flowering spikes are cut back after blossoming, new blossoms will keep reappearing up until the first frost. It should be divided every two or three years. New plants can be grown from root divisions.*
USE-ORNAMENTAL	*Lamb's ears is cultivated for ornamental use as a ground cover. Its gray or silver foliage is especially attractive as the base of lower arrangements. Dried it can also be used in bouquets and wreaths.*
PRESERVATION	*It can just be cut and dried.*

NAME	*Lavender (Lavandula officinalis)*
TYPE	*Hardy Perennial*
HISTORY	*Its name probably derived from the Latin, lavare, meaning "to wash." Greeks and Romans used it as a scent for baths and soaps. At one time in England, a washerwoman was referred to as a "lavender."*
CULTIVATION	*It flourishes in direct sunlight and dry, sandy, well-drained alkaline soil, infertile soil improves the fragrance. Plants are usually propagated from stem cuttings which can be taken any time of the year. Rooted cuttings should be planted in spring in soil supplemented with ground limestone to neutralize acidity.*
USE-AROMATIC	*It has been used for centuries in dried sachets, scented soaps, and perfumes. Because of the custom of drying the flowers and placing them in linens, we have the expression "laid up in lavender."*
PRESERVATION	*To harvest flowers, the stems should be cut just as buds start to open, when their color and fragrance are greatest, then hung in bunches, upside down, or dried flat on a tray in a warm, airy, shady place for several weeks until they become crisp. The dried leaves and flowers should be stripped from the stems and stored in a container that is airtight.*

Sweet Marjoram

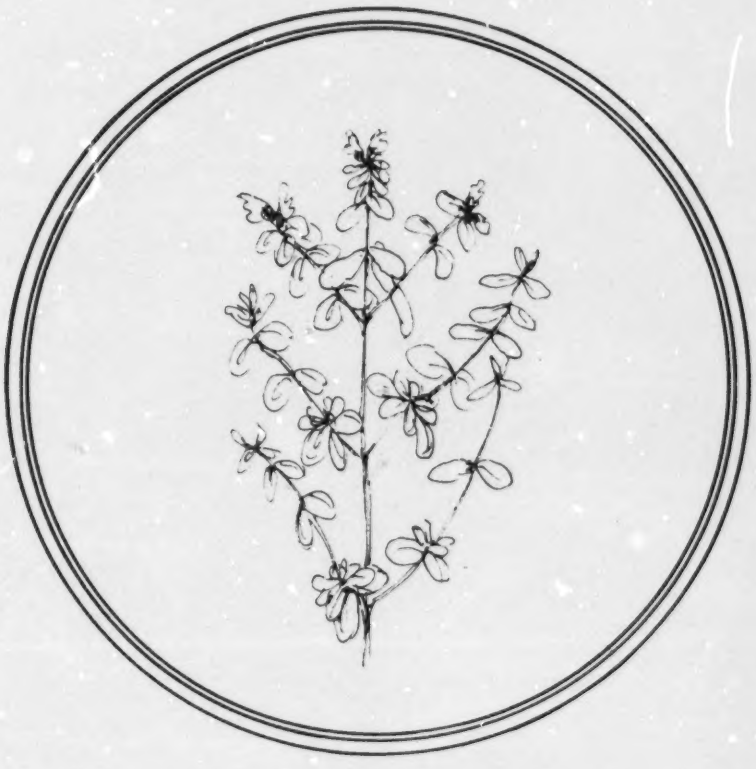


NAME	*Sweet Marjoram (Origanum majorana)*
TYPE	*Tender perennial*
HISTORY	*Sweet marjoram has traditionally been the symbol for beauty, youth, and happiness. The "herb of grace" was tucked in hope chests with keepsakes and in linen drawers to impart its sweet fragrance.*
CULTIVATION	*It can be grown outdoors in an open garden with light, dry, alkaline soil but needs full sun. It can be propagated from stem cuttings.*
USE-CULINARY	*Sweet marjoram is a cooking herb.*
PRESERVATION	*To harvest, the stem tops should be cut down to the first two sets of leaves. New stems and shoots will grow, producing second and third crops. The leaves should be dried in a warm, dry, shaded place and stored in airtight containers.*

Apple Mint

NAME	*Apple mint (Mentha rotundifolia)*
TYPE	*Hardy perennial*
HISTORY	*The ancient Greeks believed that when Pluto fell in love with the beautiful nymph, Menthe, his wife turned her into this fragrant and lovely plant that grows in the moisture and shadows.*
CULTIVATION	*Apple mint is often found around waste areas. It is not very demanding as to sun or shade or soil fertility.*
USE-CULINARY	*It is not very popular as a culinary herb because of its hairy foliage.*
USE-ORNAMENTAL	*The leaves and flowers of the apple mint are often used in fresh flower arrangements.*
PRESERVATION	*Apple mint may be used fresh or dried. To dry, strip the leaves off their stems, and dry the leaves whole in the warm shade.*

Oregano



NAME	Oregano (Origanum vulgare)
TYPE	Tender perennial
HISTORY	Oregano or wild marjoram was found in Mediterranean countries like Greece. It is said to have a wide variety of medicinal uses for stomach and head disorders but is more frequently used as a culinary herb. This herb has been used for centuries and is referred to by Elizabethan herbalists. Culpeper wrote, "It strengthens the stomach and head much, there is scarcely a better herb growing for relieving a sour stomach, loss of appetite, cough, consumption of the lungs, it cleanses the body of cholera . . . and helps the bites of venomous beasts."
CULTIVATION	It grows from 1 to 2 feet, depending on variety, and can be started from seed or through the use of cuttings. Demand on soil fertility is modest, though good drainage and tilled soil are essential. Plants should be planted 12 inches apart after the last frost, cultivated well and mulched. Minimal water is needed. Usually rainfall is adequate.
USE-CULINARY	Oregano is a well-known seasoning in pizza, spaghetti sauce, and other tomato dishes.
USE-AROMATIC	It is used in potpourris, sachets, and aromatic waters because of its balsamatic odor.
USE-DYEING	Flower tops can yield a purple dye of limited durability.
PRESERVATION	It can be dried inside and is one of the few herbs that can be dried outside in the sun without losing much of its properties. Dried material should be rubbed through a fine screen to preapre it for culinary use.

NAME	Parsley (Petroselinum crispsum)
TYPE	Biennial
HISTORY	Parsley is referred to on several occasions in Greek mythology, and it was believed the god Hercules chose parsley for his garlands, and consequently it was woven into crowns for victors in the athletic games. Greek warriors used to feed it to their horses between races in the belief it made them run faster. Romans brought the herb to England.
CULTIVATION	Parsley takes time and patience to germinate and does best in partially shaded alkaline soil. Seeds should be sown in late spring and early summer in moderate climates and thinned to 8 inches. Seeds take up to eight weeks to germinate. Transplanting is difficult but possible in moist soil when plants are young. Seeds can be soaked for a few days to speed up germination. Plant seeds in fertile humus soil.
USE-CULINARY	It is used mostly as a decorative herb but is high in nutritional value.
USE-MEDICINAL	Of all the claims for medicinal uses, the most highly regarded one is as a diuretic. Parsley is rich in iron, calcium, thiamin, riboflavin, niacin, vitamin C, and vitamin A.
PRESERVATION	The harvested plant should be dried in its entirety in the shade, then crushed and stored in a tight container.

Pennyroyal

NAME	*Pennyroyal (Mentha pulegium)*
TYPE	*Tender perennial*
HISTORY	*The American Pennyroyal was used by the Indians for medicinal purposes such as relief of itching. English pennyroyal is a member of the mint family. It was referred to by many early English herbalists for its medicinal qualities in dealing with stomach disorders, repelling insects, and for curing coughs and gout.*
CULTIVATION	*It can be started from seeds but is often started from cuttings or root divisions. Seeds should be planted in a dark place at a temperature of 65° to 70°. It is slow germinating but grows like other members of the mint family. It likes a rich soil and sun but will also grow in the shade. It needs a good water supply and soil with high humus content. Good manure compost is also helpful.*
USE-AROMATIC	*It is used as any mint for its fragrance.*
USE-MEDICINAL	*It has been used as an insect repellent. English herbals list pennyroyal's properties as carminate, diaphoretic, stimulant, and emmenogogic. It is usually administered in the form of an infusion, one ounce of the herb to a pint of boiling water in cupful doses.*
PRESERVATION	*It is difficult to harvest because it grows low and the leaf is so small. The plant should be used fresh as long as it is available, but it can be dried in the shade, preferably before chopping, then stored in tightly sealed, nonmetalic containers.*

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NAME	*Peppermint (Mentha piperita)*
TYPE	*Hardy perennial*
HISTORY	*Peppermint is well liked and has spread rampantly throughout the world. It was used by the Greeks and Romans in their baths to give them the smell of strength.*
CULTIVATION	*It grows well in direct sunlight or partial shade and does best in rich, fairly moist soil. It should be planted in a restricted area of the garden with underground barriers to block wandering roots.*
USE-CULINARY	*Mint and extract of mint are used widely in tea, candies, and gum. It is often chopped and added to cream cheese, whole-grain bread, salads, and a variety of vegetables.*
USE-AROMATIC	*Peppermint is very fragrant and is used in preparing sachets and potpourris.*
USE-MEDICINAL	*Peppermint tea is often used for making a tea for settling the stomach. It also repels mosquitoes if rubbed on the body.*
PRESERVATION	*Mint leaves can be picked for use fresh at any time. To harvest, the stem should be cut down to the first two sets of leaves just before the flowers open and hung upside down to dry in a warm, dark, well-ventilated place. Dried leaves should be crushed, then stored in an airtight container.*

Rose

NAME	*Rose (Rosa damascena)*
TYPE	*Hardy perennial*
HISTORY	*Early poets of Greece, China, and Persia all spoke of the rose, and its history dates far back to ancient Egypt. Some rose petals have even been found in Egyptian tombs. Probably there are more different kinds of roses than any other plant considered an herb.*
CULTIVATION	*Roses do best in sandy loam. Two-year-old plants should be purchased and planted in the fall or spring. Soil should be prepared to a depth of two feet. Topsoil should be removed and saved, but subsoil should be replaced with ¼ rotted manure, ½ humus, and ¼ topsoil and let settle. Roses should be planted with roots spread over a cone of soil, then the rest of the topsoil should be replaced. Long straggly roots should be cut back. Canes should be pruned to 6 to 8 inches above soil level. Plants should be watered immediately and weekly with deep soaking to lower roots. Mulching around plants when weather is hot and dry is advisable. Plants should be prepared for winter by setting up burlap screens (four stakes around rose wrapped with burlap.) They need full sun and well-drained, acid soil (5 or 6 pH).*
USE-AROMATIC	*Primarily aromatic, they are used in potpourris, sachets, and rose water.*
USE-MEDICINAL	*Rose hips (nodule left once the petals fall) have 60 times the vitamin C of an orange and can be used in teas for colds, flus, etc.*
PRESERVATION	*It is difficult to dry hips and still retain vitamin C. It is best to prepare a solution by boiling hips and saving the concoction.*

NAME	Rosemary (Rosmarinus officinalis)
TYPE	Tender perennial
HISTORY	Rosemary is steeped in religious tradition and as a symbol of fidelity and remembrance was used in weddings and funerals. The herb originated in the Mediterranean and apparently was introduced into Europe by the Romans. There is a long and extensive history of rosemary, and it has been a favorite of many herbalists.
CULTIVATION	It can be started from seeds, cuttings, or layering but the seedling has a low percentage of germination. It develops into a bush with wooden stems and boughs of evergreen needles and flourishes with occasional watering. Although it requires well-drained slightly alkaline soil, it will die if it becomes dehydrated. Growers north of Virginia should know that rosemary cannot stand heavy frost. Plants should be brought inside in the winter or protected outside with burlap or a bushel basket. All varieties prefer sunny or semishady locations.
USE-CULINARY	It is good on lamb, poultry, and pork. For rosemary flavored wine, a handful of rosemary should be soaked in one half gallon of white wine for several days.
USE-AROMATIC	Its pungent fragrance makes it a pleasant sachet and insect chaser with equal parts of rosemary, lavender, and ground lemon peel.
USE-MEDICINAL	It is considered a currative elixir, good "inwardly for the head and heart and outwardly for the sinews and joints." A tea can be made with one pint of water, one ounce of rosemary tips, lemon, and honey, which is reputed to alleviate headaches.
PRESERVATION	Rosemary should be dried on a screen and then placed in an airtight container.

Sage

NAME	*Sage (Salvia officinalis)*
TYPE	*Perennial*
HISTORY	*As with many other herbs, this herb had its origin in the Mediterranean area and was spread by the Romans. Sage was used extensively as a medicinal herb for the head to treat the "shakes" and improve ones memory. The herb's generic name of Salvia means "health," and it is listed in the pharmacopeia as a medicinal herb.*
CULTIVATION	*It thrives in well-drained soil with a pH of 5.5 to 6.5. It does best in full sun but will also grow in light shade. Seeds should be sown in early spring, then thinned to 1½ to 2 feet apart. Each spring the previous year's growth should be cut back by half. Plants should be divided every four or five years. It typically grows a foot or more high but sage grown from seed takes two years to mature.*
USE-CULINARY	*It is used in many culinary dishes, stuffings, sausages, soups, etc.*
USE-MEDICINAL	*It is said to be of value in reducing nervous headaches and sore throats. As an infusion it is also used as a stimulant in debility of the stomach and nervous system and weakness of digestion generally.*
PRESERVATION	*Harvesting should be accomplished no later than September, and only leaves and stems high up on the plant should be taken. They should be dried in the shade and crushed for tea or rubbed through a fine screen for use as seasoning.*

Santolina

NAME	*Santolina (Santolina chamaecyparissus)*
TYPE	*Tender, shrubby perennial*
HISTORY	*Santolina or lavender cotton was a latecomer to European herb gardens and also was introduced late in this country from southern Europe and Mediterranean Africa.*
CULTIVATION	*It grows well in full sun and well-drained soil, and may be propagated from root cuttings.*
USE-AROMATIC	*It is pungent and the leaves are often used in sachets.*
USE-ORNAMENTAL	*Santolina has the necessary density, texture, and lovely color of dark green with chartreuse flowers to make it a successful ornamental planting in knot gardens.*
PRESERVATION	*It should be dried on a screen in a warm, shaded place and stored in an airtight container.*

Winter Savory

NAME	*Winter Savory (Satureia montana)* *Summer Savory (Satureia hortensis)*
TYPE	*Winter Savory — perennial* *Summer Savory — annual*
HISTORY	*Savory is referred to by Culpeper for its medicinal properties. This peppery-tasting herb was used by the Romans to season vinegar. It was planted near the skeps (beehives) because nectar from its flowers was reputed to enhance the flavor of honey.*
CULTIVATION	*Savory likes full sun and ordinary, not particularly fertile, well-drained soil. Summer savory should be started from seeds sown about 1¼ inches deep in early spring. Germination takes 14 to 21 days. Seedlings should be thinned to stand 4 to 6 inches apart. This close spacing helps to keep the top-heavy plants from falling over. Winter savory is hardy and slow germinating, so plants often are started from roots. It should be thinned to 12 inches apart and mulched with hay in winter.*
USE-CULINARY	*It is used in stuffings and as flavoring for meats and fowl, sauces, egg dishes, and vegetables with strong odors. Adding 1½ tablespoons to a quarter pound of creamery butter makes a tangy spread.*
USE-MEDICINAL	*Both savories were used for stings of bees and wasps to ease the pain.*
PRESERVATION	*The whole plant should be spread on a fine screen in the shade to dry, or the leaves may be frozen.*

French Tarragon

NAME	*French Tarragon (Artemisia dracunculus)*
TYPE	*Perennial*
HISTORY	*Tarragon, "little dragon" herb, so called because its coiled roots resemble gnarled serpents, has been known in the United States for about 170 years, but its use was recorded by the Greeks about 500 B.C.*
CULTIVATION	*It does best in full sun and a well-drained, slightly sandy soil. Plants should be set in the ground in early spring.*
USE-CULINARY	*Tarragon is one of the essential herbs of French cooking. It is the distinctive ingredient in tarragon vinegar and complements beef, veal, chicken, fish, and eggs.*
PRESERVATION	*To dry leaves for winter use, the stems should be cut 3 inches from the ground in early summer and again in early fall, then laid flat or hung in loose bunches in a dark, airy place. When dry the leaves should be crumbled and stored in an airtight container.*

Thyme

NAME	Thyme (Thyrius vulgaris)
TYPE	Hardy perennial
HISTORY	This herb has been used for centuries to improve the flavor of honey. Virgil, the Roman poet, was also a beekeeper and wrote of the benefits of thyme honey. It has been suggested that thyme was one of the herbs in the Christ Child's manger.
CULTIVATION	It can be started from seed, cuttings, or root divisions. Seeding should be done in indoor flats because seeds need a temperature of around 70° to germinate. Seeds are exceptionally small. They should germinate in about two weeks. After the young plants have taken root, they can be moved outdoors to cooler weather. They should be set apart in full sun and a sandy dry soil that is moderately fertilized. Plants reach heights of 8 to 10 inches. Open cultivation and hoeing always should be avoided around low herbs, because this will destroy the lower branches of the plant.
USE-CULINARY	It is used as a seasoning throughout the world.
USE-MEDICINAL	It is used as a tea and honey infusion for sore throats, coughing spells, and colds.
PRESERVATION	It can be used fresh, however, to dry, the entire plant should be laid on a fine screen or sheet of newspaper in warm shade. When dried, the leaves will separate from the woody stems easily. Drying is easy, and thyme stores well at low humidity.

Lemon Verbena

NAME	*Lemon Verbena(Lippia citriodora)*
TYPE	*Semievergreen shrub*
HISTORY	*This herb is a native of Chile where it grows 6 to 10 feet tall.*
CULTIVATION	*Lemon verbena can be planted in the open ground in any light, well-drained soil in full sun. Cuttings of new growth taken in the spring can be rooted. Pot-grown plants thrive on a mixture of equal parts of loam, sand, and leaf mold and do best between 50° and 75°. They require at least five or six hours of direct sunlight.*
USE-CULINARY	*The lemon-scented leaves are used to flavor foods, fruit drinks, and teas.*
USE-AROMATIC	*Lemon verbena is also frequently used to perfume soap, colognes, and potpourris.*
PRESERVATION	*To harvest lemon verbena, the leaves can be picked at any time and dried rapidly in a warm, dark place. Stored in an airtight container, they will retain their fragrance for years.*

Montgomery County Public Schools

OUTDOOR EDUCATION PROGRAM